



Buffalo Grilled Shrimp with Blue Cheese Dip and Celery

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces cheese blue crumbled
- ☐ 0.5 bunch celery cut into 4-inch sticks
- ☐ 2 tablespoons flat-leaf parsley finely chopped
- ☐ 0.3 cup hot sauce such as frank's redhot
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1.5 teaspoon milk

- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup scallions finely chopped
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.5 stick butter unsalted melted

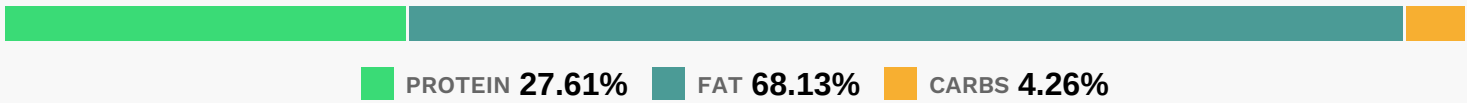
Equipment

- ☐ bowl
- ☐ grill
- ☐ grill pan

Directions

- ☐ Stir together ingredients, 1/8 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Prepare grill for direct-heat cooking over medium-hot charcoal (medium heat for gas); see Grilling Procedure. Toss shrimp with oil and 1/2 teaspoon each of salt and pepper. Oil grill rack, then grill shrimp, covered only if using a gas grill, turning once, until just cooked through, 7 to 8 minutes total. Stir together butter and hot sauce in a large bowl.
- ☐ Add shrimp and toss until coated.
- ☐ Serve shrimp with dip and celery.
- ☐ Shrimp can be cooked in an oiled hot 2-burner grill pan over medium heat.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:0.17, Inflammation Score:-5, Nutrition Score:12.192608825538%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.97mg, Apigenin: 2.97mg, Apigenin: 2.97mg, Apigenin: 2.97mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 263.99kcal (13.2%), Fat: 19.95g (30.69%), Saturated Fat: 9.34g (58.39%), Carbohydrates: 2.81g (0.94%), Net Carbohydrates: 2.6g (0.94%), Sugar: 0.96g (1.07%), Cholesterol: 181.67mg (60.56%), Sodium: 1068.75mg (46.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.19g (36.38%), Selenium: 35.8µg (51.15%), Vitamin K: 35.8µg (34.09%), Phosphorus: 334.6mg (33.46%), Vitamin B12: 1.44µg (23.95%), Vitamin E: 2.53mg (16.86%), Vitamin A: 801.9IU (16.04%), Calcium: 140.61mg (14.06%), Copper: 0.22mg (11.1%), Vitamin B3: 2.19mg (10.94%), Vitamin B6: 0.21mg (10.71%), Zinc: 1.46mg (9.76%), Folate: 32.61µg (8.15%), Magnesium: 31.34mg (7.84%), Vitamin B5: 0.61mg (6.13%), Potassium: 209.74mg (5.99%), Vitamin B2: 0.1mg (5.71%), Vitamin C: 3.48mg (4.22%), Iron: 0.46mg (2.56%), Manganese: 0.05mg (2.44%), Vitamin B1: 0.04mg (2.33%), Vitamin D: 0.32µg (2.1%)